

Alternate Meal Plan

Breakfast (6:00am)	Calories	Carbs	Protein	Fat	Supplements
2 cups Egg Whites	115	0	30	0	Multi-Vitamin
1/2 Cup Oats	150	27	11	1	Fish Oil
Total	265	27	41	1	
Meal 2 (9:00am)					
Bannana	105	27	1	0	LiverCare
Greek Yogurt	140	22	9	2	
Total	245	49	10	2	
Meal 3 (12:00pm)					
6oz Grilled Chicken	300	0	28	3	
1 cup of Green	41	7	4	0	
1 Sweet Potatoe	99	23	2	1	
Total	440	30	32	27	
Meal 4(OPTIONAL)					
2 scoop protein	280	0	60	0	
20 Almonds	164	6	6	14	
1/2 cup Oats	150	27	11	1	
Total	594	33	77	1	
Meal 5(POST WORKOUT)					
2 scoop protein	280	0	60	0	BCAA
1 cup blueberries	83	21	1	0	Glutamine
Total	363	21	61	0	
Meal 6(Dinner)					
6 Oz grilled chicken	300	0	28	3	Fish Oil
5 Oz Ground Turkey	175	0	32	4	CLA
3 Oz Salmon	175	0	24	111	
3.5 Oz Lean Beef	235	0	27	13	
2 Cups Green	82	14	8	0	
Sweet Potatoe	99	23	2	1	
Total	481	37	38	4	
Meal 7(pre Bedtime)					
1/2 Scoop Casein prote	60	0	12	0	CLA
Total	60	0	12	0	0
Alt Daily Intake	1854	164	194	35	